SHEPPEY RURAL DISTRICT COUNCIL.

The monthly meeting of the members of th above Council was held in the Board-room at the Workhouse, Minster, on Wednesday afternoon, when the following were present:—Mr. J. Hughes, J.P., Chairman; Mr. C. Ingleton, Vice-Chairman; Messrs. G. Still and W. Whitehead.

The Surveyor reported that the steam roller had been used and the necessary repairs had been carried out.—Mr. Ingleton remarked that the rolling would have been more satisfactory if a 15-ton roller had been hired instead of a ten; a 10-ton one was not heavy enough. Where a 15-ton one was used on the county roads, they were always in splendid condition.—The Chairman said that in some places the district roads might have been better if less brick material had been used.—Mr. Still: There's too much clay used.—Mr. Ingleton: Another year I shall advocate having the same kind of gravel that has been used in making up the Halfway House Road.—The Chairman: At our last meeting Mr. Howe told us that the County Surveyor assured him that the material used in making up that road would make a good road; but my idea is that the County Surveyor can't turn dirt into stones any more than Satan can command that stones be turned into bread (laughter).—Mr. Ingleton: It's good, sharp gravel.—The Chairman: Nearly all the county roads are wide and very soon dry; our roads are mostly narrow, and we can't expect them to be so good as the main roads.

Mr. Still called attention to the necessity of trimming several trees abutting on the highway, and the Surveyor was directed to see that they are attended to.

Mr. Still suggested that a pathway near the Eastchurch pump and in the village of Eastchurch, be repaired, and the Surveyor promised to give the matter his attention.

MEDICAL OFFICER'S ANNUAL REPORT.

Dr. Julius Cæsar presented his annual report as follows:—"Mr. Chairman and Gentlemen,—I beg to lay before you this, my report, as Medical Officer of Health, for the year 1895. The past year has been a very healthy one in all the districts under my care. There has not been this year, nor for many years past, a single death from any of the zymotic diseases. Thirteen cases have been reported under the Notification Act this year. Of these eight were from Eastchurch, five of scarlatina, two of erysipelas, and one of diphtheria. Minster, three, one of scarlatina, one of erysipelas, and one of enteric fever. Elmley furnished two cases, one of enteric fever and and one of erysipelas. In all these cases isolation and disinfection was carried out as far as practicable. In connection with this part of the report, I would remind the Board that rescources open to us at one time for the reception of infectious cases are not now available, and consequently in the event of an outbreak of any infectious disease, there is no place at my disposal to which to remove them if thought advisable so to do. To remedy this very undesirable condition of matters, I would suggest for the consideration of the Board the acquisition of a cottage on the Borstal Hall Estate, as tenants or otherwise. It is excellently placed for the purpose, being on the boundary line of the two parishes (Minster and Eastchurch) most likely to furnish cases. Also it is sufficiently isolated from dwellings and public roads, though freely accessible from these latter, not to be a danger to the public. I think arrangements could easily be made with a reliable couple, without encumbrances, to occupy the cottage at a reduced rental, and on the condition that at least one room should always be available for the use of the Board's cases, and the woman herself as a nurse if approved by the Medical Officer of Health. This, it seems to me, is the most economical manner of getting over a difficulty which will have to be faced sooner or later. There is nothing worthy of note in the incidence of sickness, except that in Eastchurch the cases of scarlatina were more diffused, though not more numerous than usual. I have good grounds for believing that many cases were not notified, some, I believe, through ignorance of the law and some through other motives, and I am sorry to say this practice was not confined to the poor and ignorant. Drainage has not been carried on very actively this year, the only work coming under his head being 150 yards of pipe laid in Minster. The Parish Council called attention to the mode of disposing of house slops and refuse at the Halfway Houses. As I looked upon this as a landlord's matter, I advised the Board accordingly, and I am glad to say the matter has been arranged. I append the usual return of births, sickness, and death. From these it will be seen that the total death-rate is 15·6 per thousand, but if we deduct the deaths among those people imported into the district, it will be only 9·4 per thousand. The infant (*i.e.*, under one year), mortality is 112·6 per thousand births. The birth-rate is 21·7 per thousand.—I am, Mr. Chairman and Gentlemen,—Your Obedient Servant,—JULIUS CÆSAR,—Minster,—January 29th, 1896."

The Chairman regarded it as a very satisfactory report, and said the doctor's suggestion as to the cottage was worthy of consideration.—Mr. Ingleton concurred and said Dr. Cæsar had a conversation with him on the subject before making his report; he would be in favour of purchasing the cottage and some of the land adjoining.—Mr. Still: That's the spot where the workhouse ought to be; we keep on adding to this House and spending no end of money on it.—The Clerk: This was originally the Poor House, and the Guardians pay £61 per year for it.—The Chairman proposed that the Medical Officer's report be considered at the next meeting

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[illegible]neously increases the appetite and renders its reasonable indulgence innocuous. The experience, too, must be rendered still more delightful by the knowledge, which may be gained from a perusal of Mr. Russell's book, that his preparation is a pure vegetable product, without any admixture of the mineral poisons which are too frequently administered. With a candour which also is delightful, Mr. Russell prints in his book the recipe for the preparation.

CORPULENCE.—INCREASING POPULARITY OF AN EFFECTUAL CURE.

Many of our readers are, doubtless, familiar with the nature of the extraordinary revelation in the cure of obesity, which, within recent years, has been wrought by the original researches of that now eminent expert Mr. F. Cecil Russell, of Woburn House, Store-Street, Bedford-square, London, W.C. It is evident that the certainty, the rapidity, and the agreeable surroundings of his curative process have been recognised, in a very large degree, among ladies and gentlemen belonging to the highest social circles. Keen observers who have an opportunity of judging, inform us, through the pages of society papers and otherwise, that owing to the general employment of Mr. Russell's treatment extreme obesity is becoming as much a thing of the past, at fashionable gatherings, as intoxication, and, no doubt, it will soon be regarded as nearly as disgraceful. The issue of an eighteenth edition of the Author's singularly convincing little text-book, "Corpulency and the Cure," however, serves to remind us that the popularity of the system has now reached spheres far remote from those of West-end fashion. The book of 256 pages may be had (post free) by sending six penny stamps to Mr. Russell's offices, as above; and it is worth the careful attention of those who wish to free themselves of a burden of fat—not merely because it is un-

[illegible] day by Admiralty order, and when the "Le[illegible] bell sounded at five o'clock in the evening th[illegible] in the vicinity of the main entrances to th[illegible] presented an unusually animated appea[illegible] Permanent and hired hands flocked out toget[illegible] such numbers as have never before been se[illegible] Devonport.

New War Vessels.—The first keel plate [illegible] Gladiator, a new type of second-class cruise[illegible] laid on Monday morning at Portsmouth Doc[illegible] She is one of the four cruisers provided for [illegible] Spencer programme, the others now building [illegible] the Arrogant, Furious, and Vindictive. Eac[illegible] have a powerful ram, and speed of twenty [illegible] Rapid progress will be made, and it is expect[illegible] will be ready for commissioning within [illegible] months.

Fatal Accident on H.M.S. Charybdis [illegible] circumstances attending the death of John [illegible] aged 21 years, a leading seaman serving on [illegible] the cruiser Charybdis, one of the vessels [illegible] Special Squadron, was held on Saturday [illegible] Royal Naval Hospital, Haslar. Deceased was [illegible] on Thursday afternoon week while coaling [illegible] tions were being carried out on board the Cha[illegible] at Spithead. About 8 cwt. of coal was [illegible] lowered by a derrick when a rope became [illegible] the drum of the winch, and prevented th[illegible] from swinging in a proper direction. Deceas[illegible] in conversation with a petty officer at the m[illegible] and before he became aware of the dang[illegible] struck by the coal, which jammed his head [illegible] a partition, crushing his face, and inflicting i[illegible] which caused instantaneous death. The jur[illegible] hearing the evidence, found a verdict of "Acc[illegible] death."

The Navy a Hundred Years Ago [illegible] following is the official record of the British [illegible] 100 years ago, and the disposition of the fleet [illegible] Plymouth, 38 ships of the line from 110 gun[illegible] guns, two of 50 guns, 12 frigates from 44 to 2[illegible]